



THE DINGLEY DOSSIER

Volume 50
 Number 10
 November 2022
www.dvnc.com.au/dossier

REDUCE, REUSE, RECYCLE

Consider how many times you've bought more than you need, then tossed half of it in your rubbish bin.

Now imagine everyone else doing this, in households across Australia. That's an awful lot of garbage that goes into landfill and, from there, contributes to greenhouse gas emissions. And that's not to mention the rubbish that ends up in our waterways and oceans, where it does untold harm to our marine life.

You can help address this problem by adopting the mantra: Reduce, Reuse, Recycle.

With a little more thought, we can all change our habits so that we throw out less garbage. It's as easy as developing a few new practices - when shopping and in the kitchen - and very soon it becomes second nature.

Ways to reduce, reuse and recycle

- Limit your use of single-use and disposable products and choose alternatives which can be used again.
- Opt for products with minimal packaging where possible.
- Refuse plastic bags when you don't need them. Keep reusable bags handy so you remember to take them to the shops. You can also use boxes or your own shopping trolley bag or backpack.

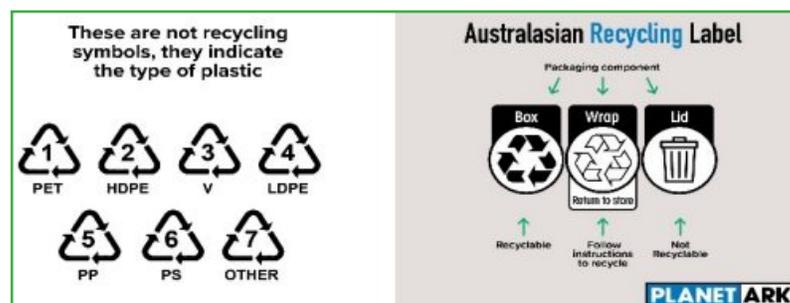
- When buying fruit and vegetables, put them into your trolley rather than plastic bags.
- If you don't read advertising mail, put a sign on your letterbox.
- Repairing household items instead of replacing them can be a great way to reduce waste and save money.
- Give unwanted clothes, household items, furniture or appliances to family or friends, or donate them to charities. Freecycle and other online groups help communities give away unwanted items.
- Use washed takeaway containers as stackable containers for frozen food.

Recycle unwanted plastic bags or soft plastics including pasta and rice bags, shopping bags, net bags, cling and bubble wrap at most major supermarkets. Putting the wrong materials in your recycling bin may lead to large amounts of recyclable material being sent to landfill because it's too

difficult to separate them out. It's dangerous to put hazardous waste like batteries, motor oil, chemicals, paints, and used lighting products containing mercury including compact fluorescent lamps in kerbside recycling.

Check out City of Kingston website: <https://www.kingston.vic.gov.au/services/rubbish-and-recycling>

They provide an A-Z of waste disposal including Christmas tree collection, hard rubbish and reporting rubbish dumping.



Information provided by Department of Climate Change, Energy, the Environment and Water & WWF

FARMERS' MARKET

SATURDAY 19TH NOVEMBER | 8:30AM - 1:00PM



We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land.

COMMUNITY

LIVING IN DINGLEY VILLAGE

IMPORTANT NUMBERS

City of Kingston:
1300 653 356

Emergency: 000

Police: 131 444

Crime Stoppers:
1800 333 000

Lifeline: 13 11 14

Suicide Call Back Service:
1300 659 467

SES: 13 25 00

Poisons Info: 13 11 26

Coronavirus Hotline
1800 675 398

MensLine:
1300 789 978

WIRE

(Women's Information and Referral Exchange):
1300 134 130

Safe Steps:
1800 015 188

Nurse on Call:
1300 606 024

Tip Smells & Dust:
EPA 1300 372 842

Aircraft Noise:
1800 802 584

Neighbourhood Centre:
8512 0505

Community Association:
dvcasecretary@gmail.com

Men's Shed:
9551 5892

VicRoads Faults and Hazards:
13 11 70

RSPCA:
9224 2222

Justice of the Peace

Malcolm Gilbert: 0418 549 800

Marion Harriden: 9551-1799

Allan Harris: 0412 073 719

You can pick up copies of the Dingley Dossier from the Neighbourhood Centre, 31B Marcus Road, Dingley Village Newsagents and Woolworths Dingley Village. We also have a colour version online www.dvnc.com.au/dossier

Remembrance Day

The Rotary Club of Noble Park-Dingley Village will be conducting a Remembrance Day Service on 11th November at the Dingley Village Memorial, Marcus Rd Dingley Village. The service will commence at 10.40 am and the community of Dingley Village is invited to attend.



Free Community Document Shredding Day 19th November

The Dingley Village Neighbourhood Centre will hold a free shredding day on the 19th November 9am - 1 pm, alongside the Dingley Village Farmers' Market. Shredding is free (gold coin donations appreciated) to local residents and local non-profit community groups, volume conditions apply. For further information see Community Shredding article further in the Dossier.

We Need You

We need new members! Dingley Village Community Association (DVCA) is open to all residents who genuinely care about our Village.

Meetings are held in the DVNC Cottage Room adjacent to the library,

on the second Tuesday each month, February-November, at 7.30pm. New members are most welcome to attend. For further information please contact Leigh (President) and David (Secretary) at dvcasecretary@gmail.com or visit www.dvca.info.



Hi Mum

Scamwatch is urging the public to be wary of phone messages from a family member or friend claiming they need help, following a significant rise in "Hi Mum" scams in recent months. More than 1,150 Australians fell victim to the so-called "Hi Mum" scam in the first seven months of this year, with total reported losses of \$2.6 million.



Known as "Hi Mum" or "family impersonation" scams, victims are contacted by a scammer posing as a family member or friend. The scammer will claim they have lost or damaged their phone and are making contact from a new number. Then, once they have developed a rapport with their target, the scammer will ask for personal information such as photos for their social media profile or money to help urgently pay a bill, contractor or replace the phone. The ACCC is urging people who receive suspicious messages from a number they don't recognise, to independently verify the contact. If you're contacted by someone claiming to be your son, daughter, relative or friend, start by calling them on the number already stored in your phone to confirm if it's no longer in use. If they pick up - you know it's a scam.

If unable to make contact, you should try a secondary contact method to verify who you're speaking to. If you still can't contact your family member or friend, consider asking a personal question a scammer couldn't know the answer to, so you know the person you are speaking to is who they say they are.

The Little Black Book of Scams

The Australian Competition & Consumer Commission (ACCC) have produced a helpful resource in the fight against scammers. The Little Black Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams including:

- The most common scams to watch out for
- The different ways scammers can contact you
- The tools scammers use to trick you
- The warning signs
- How to protect yourself
- Where you can find help.

You can find a printable version (in several languages) or order a print copy here: <https://bddy.me/3rFs8f1>

Other Special Dates in November

November 1 - 30 November

November raises awareness of men's health issues and is a fun way to raise money for a good cause. www.au.movember.com.



Birth of Guru Nanak 8 November

Commemorates Guru Nanak Sahib who was the founder of Sikhism and the first Sikh Guru.



Remembrance Day 11 November

This day marks the anniversary of the armistice which ended the First World War (1914-18).

White Ribbon Day 18 November

The White Ribbon Campaign aims to raise awareness among Australian men and boys about the roles they can play to prevent violence against women.



FARMERS MARKET

OUR NEXT MARKET IS ON SATURDAY 19TH NOVEMBER



Please support the incredible Victorian Farmers and Producers who attend our market.

We have a range of fresh, seasonal fruit and veg; artisan breads and small goods; award winning sausages and cheeses; small batch jams; free range eggs and so much more!



The Market has a new manager Liz, after the market farewelled Amy the original manager. Amy was the first manager setting up and then establishing the market as a quality farmers market. Liz brings with her experience in markets and we look forward to seeing her vision for the market in action. Pop in and chat to Liz, feedback and suggestions are appreciated.



Nick's Gnocchi and Pasta have become a market favourite since joining not too long ago. If you want the freshest pasta, with no preservatives or looking for the softest gnocchi that you can buy, then the market is the place to shop. Traditional & authentic Italian food like Nonna use to make.



Another recent addition is Délice Royale operated by Gauthier Oger is a French trained Master Patissier and Chocolatier from Normandie, France. Gauthier is extremely passionate about producing high quality, authentic and delicious French products.

Délice Royale was created to share his love of truly authentic French food with the people of Melbourne. From chocolates, macarons and croquembouche cakes to traditional beef bourguignon pies and quiches, the market is excited to bring a true taste of France to you.

Plus, all the regular stall holders continue to provide quality local produce and products. At their heart, farmers' markets are a place for food producers and consumers to connect directly in the buying and selling process. Our farmers' market gives you a chance to meet the person who grew or made your food.

DINGLEY VILLAGE FARMERS' MARKET
SATURDAY 19th NOVEMBER
8.30AM—1 PM
 31 Marcus Rd,
 Dingley Village
Free entry & parking
www.dvnc.com.au/farmersmarket



VIOLENCE AGAINST WOMEN DOESN'T JUST START. IT GROWS



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Dingley Village Police Update



Crime Stoppers (1800 333 000)
To provide crime information. It can be anonymous.

Public Transport Safety

Each train station platform is fitted with a public emergency and information communication system.

- The system is operated by a red and a green button:
- Pressing the green button gives you train timetable information
- Pressing the red button gives you direct access to speak to the train driver and station staff for assistance in an emergency.
- Train carriages are also equipped with an emergency communication system. This provides direct communication with the driver if assistance is required.

Safety zones are specific areas on a platform marked out by signs at the station and clear, yellow lines on the platform floor. These zones are well lit and located within reach of the public emergency communication system.



Safety zones are under video surveillance during the train station's hours of operation.

Neighbourhood Watch & Victoria Police would like to remind everyone to always securely lock your vehicle and never leave valuables visible.

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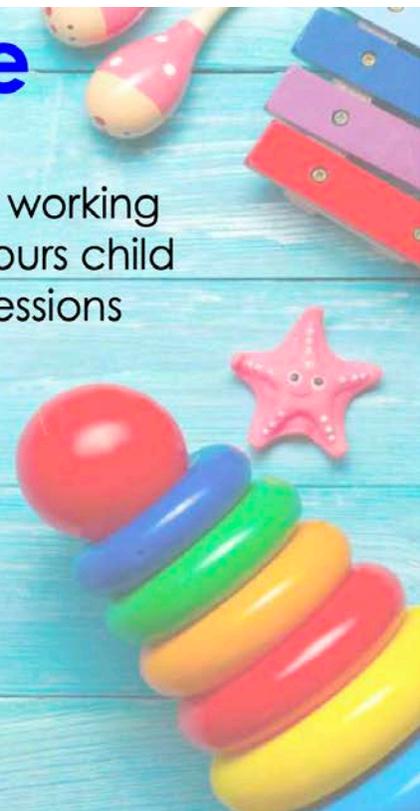
Monday - Friday

8512 0509

31B Marcus Rd, Dingley Village

(inside Neighbourhood Centre)

Email: lvcc@dvnc.com.au



DINGLEY VILLAGE COMMUNITY ASSOCIATION

We need new members! DVCA is open to all residents who genuinely care about our Village. Meetings are held in the DVNC Cottage Room adjacent to the library, on the second Tuesday each month, February-November, at 7.30pm. New members are most welcome to attend. For further information please contact Leigh (President) and David (Secretary) at dvcasecretary@gmail.com or visit www.dvca.info.

Chadwick Pavilion

The new Pavilion at Chadwick Reserve is now fully operational and ready for the summer sporting season. It was formally opened by Mayor Staikos on Thursday 29 September. We look forward to using this fantastic facility and thank Council and DVCA members Jon Garrard and Shirley Dewever for their excellent work on this project. We look forward to the further development of the adjacent open space and we ask residents to please take dogs to the dog park rather than the oval, to protect the surfaces for sport.

Amendment C203

DVCA strongly objected to the draft Housing Plan released for the City of Kingston in 2019, which put a significant section of Dingley Village into the General Residential Zone (GRZ), allowing three-storey housing development. We called for no three-storeys at all in Dingley Village, which was rejected.

In September 2022, Kingston Council called for our submissions on planning Amendment C203. The new housing zones proposed by Amendment C203, based on Council's 2021 revised draft Housing Plan, can be viewed as a proposed compromise for Dingley Village.

A GRZ is proposed for Dingley Village but is restricted to a 200m radius of the Marcus Road shopping centre, effectively only allowing St Marks Close and a strip of Centre Dandenong Road to permit three-storeys. Whilst this is still not ideal, DVCA submitted to accept this compromise, after close consultation with Kingston Council planners, who indicated the State Government might compel us to accept a worse result if we again sought no three-storey development at all.

We hope and expect that formalising this Housing Plan will permanently prevent the GRZ 'creeping' to other areas of Dingley Village, including any part of Kingswood Golf Course.

Hard Rubbish

Kingston Council has moved and accepted the proposed change to the Hard Rubbish collection. Effective from the 1 July 2023, there will no longer be a regular September collection. Instead, residents will be given two vouchers that they can redeem at their convenience. More details will be released by Council soon.

Victorian Election: November 26

Dingley Village residents will vote in the Seat of Clarinda next month. DVCA have met with the three House of Representatives candidates declared so far, asking them about many local issues and particularly their position on the potential development of Kingswood. As a non-political group, DVCA will not support any particular party, however we hope that this information helps you decide who will best represent Dingley Village until 2026.

Meng Heang Tak

(the Labor incumbent) is in an unusual position. Since the 2018 election he has been the member for Clarinda, which does not (yet) include Dingley Village, but will from next month. He accepted our invitation as guest to the Community Information Night held in May. Like our retiring current member Martin Pakula, he has made formal statements that his preferred position is the rejection of the Kingswood development plan. Unfortunately, the Labor Planning Ministers have not made such a commitment.

Anthony Richardson

(the Liberal candidate) has been campaigning locally, including at the Dingley Village Farmers' Market and he spoke at our Community Information Night. He is opposed to any development of Kingswood, and his Shadow Planning Minister Ryan Smith has committed to blocking the SRL and the Kingswood development plan "as it is" should they be elected. This is a stronger position than the government, although he did not rule out the possibility of future, alternative plans for Kingswood.

Caroline White

(the Independent candidate) has also declared her opposition to the SRL and the development of Kingswood. She is campaigning on a platform of community voice and as an alternative to the major parties.

DVCA

The DVCA is open to all residents who genuinely care about our Village. Meetings are held in Harold Box Hall at the library, on the second Tuesday each month, February-November, at 7.30pm.

New members are most welcome to attend. For further information please contact Leigh (President) and Jon (Secretary) at dvcasecretary@gmail.com, or visit: www.dvca.info.



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Chelsea

9586 0500
bayside@barryplant.com.au

OUR COUNCIL

Four years of broken promises in Kingston's Green Wedge

The Victorian Government has failed to deliver the Sandbelt Open Space - Chain of Parks despite promising \$25 million at the election four years ago. Kingston Council calls on Environment Minister Lily D'Ambosio to take urgent action to live up to that promise before the 2022 November election.

Kingston Mayor Steve Staikos said Council and the community were delighted when the Andrews Government promised \$25 million to purchase the remaining land for the long-awaited Chain of Parks on 5 November 2018.

"A re-elected Labor Government will deliver a 355-hectare chain of parks from Warrigal Road in Moorabbin to Braeside Park in Dingley Village, with walking and bike trails and adventure play areas for local kids."

"Sadly, four years have passed, and we are yet to see what was promised to our community," Cr Staikos said.

"Council has done its part to make the plan a reality by investing millions at Council-owned parks such as Spring Road Reserve in Dingley Village, Heatherton Park in Clayton South, Elder Street South Reserve in Clarinda and the soon to be opened Victory Road Reserve in Clayton South – now we need the State Government to do their bit."

Karkarook Ward Councillor Hadi Saab said that instead of celebrating the Chain of Parks, the community has instead endured years of disappointments and setbacks. "Instead of creating promised new parklands and protecting the Green Wedge for the community to enjoy, this government has instead extended a concrete crushing facility to remain operating in Kingston's fragile Green Wedge for an extra decade to 2033," Cr Saab said.

Council has also been eagerly awaiting the release of the Victorian Government's "Planning for Melbourne's green wedges and agricultural land" policy to permanently protect the green wedges against overdevelopment. These planning system reforms are vital to strengthen controls to enhance and protect the Green Wedges as promised by the Andrews Government on 4 November 2018.

"A re-elected Andrews Labor Government will permanently tighten controls to better protect Melbourne's green wedges against over development, with the protections enshrined in legislation."

Chicquita Ward Councillor Tracey Davies also highlighted Council's deep concerns about the future of the Delta Site, that was identified in the Victorian Planning Scheme as core Chain of Parks parkland in 1994, was reinforced in the Kingston Green Wedge plan in 2012 and included in the Chain of Parks.

"On top of the other disappointments, the Government is also planning to take a key site identified for decades as part of the Chain of Parks and earmarked for a key regional sporting facility to use as a train stabling yard for the Suburban Rail Loop project," Cr Davies said.

"It's time for the Environment Minister to make good on the Chain of Parks promise and purchase the remaining sites to create the Chain of Parks once and for all. We've been talking and planning for decades but enough is enough, it's time for action now," she said.

Site for regional sporting facility must be urgently secured

Kingston Council has called for a new site for a regional sporting facility to be urgently secured in Kingston's Green Wedge to replace the Delta site which will now be used for the Suburban Rail Loop (SRL).

Acting Mayor Jenna Davey-Burns said the Victorian Government must secure a new site as the highest priority to meet booming demand for sporting facilities in the region.

"For years, our community had been looking forward to extensive sporting facilities being delivered on the Delta Site in Kingston's Green Wedge," Cr Davey-Burns said. "We need an urgent solution to provide much needed female-friendly and regional sporting facilities to meet growing demand."

Kingston Council welcomed the fact that the Suburban Rail Loop East Inquiry and Advisory Committee (IAC) report committed to providing replacement open space for the regional sporting facility. For several years, Kingston Council has been working with key sporting bodies to identify much-needed facilities.

"The 34-hectare Delta site would have met existing needs, however further space is also needed to serve the increased population the SRL is expected to generate," Cr Davey-Burns said. "It's clear that the new sporting facility must be very large-scale to address a wide range of sporting needs, including football, cricket, soccer, hockey, baseball, cycling and more." Following an urgent Special Council

meeting responding to the recent Victorian Government SRL announcement, Kingston will now be advocating for a replacement site to be secured in Kingston's Green Wedge to ensure the regional sporting facility progresses as a matter of highest priority.

"Now that the outcomes of the Environmental Effects Statement are clear we expect this to be the highest of priorities for the State Government," Cr Davey-Burns said. Karkarook Ward Councillor Hadi Saab said the Heatherton and Clarinda communities were deeply disappointed in the Victorian Government decision to proceed with the train stabling yard at the Delta site. Addressing our community's disappointment requires a concerted effort by the State Government to deliver on a long promised open space commitment," Cr Saab said.

"I have heard community feedback that if the stabling yard does proceed, despite strong objections from Council and the community, and the IAC findings, the replacement site must at the very least meet community expectations."

Council appreciates that the Delta site was uniquely positioned to strategically service the growing needs for female-friendly sports and the need for additional sporting facilities, as well as being a core connection to the Chain of Parks.

To address the loss of this opportunity, the replacement site must (at a minimum) be:

- Equivalent or greater in size and not fragmented
- Located nearby and well-served by public transport
- Able to accommodate required sporting fields and buildings
- Promptly acquired and early offset opportunities actioned
- Located so as not to displace key Green Wedge activities, such as agriculture.

"The Government should also prioritise finding real solutions for neighbouring residents who were promised open space over their back fences and instead will face years of construction and a future stabling facility," Cr Saab said.

Road projects a priority ahead of the state election

Kingston Council is calling on all political candidates to prioritise key road projects in Melbourne's south-east in the lead up to the state election. This advocacy is focused on securing a more connected, efficient, and co-ordinated transport system and importantly reducing congestion on our suburban roads.

Construction of the much-anticipated Westall Road extension between the Princes Highway and Monash Freeway (in the City of Monash) would greatly reduce the amount of traffic and freight on South Road in particular, while the duplication of Governor Road (between Boundary Road and Springvale Road) has significant congestion relieving potential, in addition to providing more efficient access to the Mordialloc Freeway.

Mayor Steve Staikos said that investment in these key road projects and their eventual realisation would greatly benefit our city and the broader south-east road network. "Now is the time for the State Government, the opposition and the minor parties to show their support for our community through committing to making the necessary investment in the road network," Cr Staikos said.

"It would be an investment in safety, efficiency, productivity, connectedness, and the future. As a Council we are doing everything we can to make Kingston a great place to live, work, and play, but we need the other levels of government to assist us in this ongoing work, and improving our roads is another way the State Government can support us."

Council has also written to the Department of Transport regarding the need for the Thompson Road bridge in Patterson Lakes to be duplicated.

Banksia Ward Councillor Cameron Howe said that it is almost impossible for westbound traffic to turn right onto the Mornington Peninsula Freeway (and onto the popular Mordialloc Freeway) during busy times because the right turn lane is

far too short to meet the demand.

"The direct result is motorists are resorting to using the town centre roundabout to perform a U-turn, which is adding to congestion, posing safety risks and creating frustration for local Patterson Lakes residents," Cr Howe said.

Council also has plans to evaluate the traffic volume of Centre Dandenong Road and review the major intersections along it at Warrigal Road, the Nepean Highway, and Boundary Road, with the potential to introduce a double right turn lane from Centre Dandenong Road onto the Nepean Highway.

Information in Our Council articles is provided by City of Kingston



Advertisement



DINGLEY VILLAGE

Keep up to date

Stay in touch with what's happening at the former golf course site at Centre Dandenong Road in Dingley Village.

The exhibition period for the redevelopment plans is now complete but you can still see what's being proposed by visiting the project website.

The website will publish the latest information about the planning process, about maintenance, tree and site management. And there are contact details for those with queries.

dingleyvillage3172.com.au

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 Dingley 3172 (Entrance off Redwood Dr.)

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LETTER TO THE EDITOR



Government Planning has still not informed residents about a decision on Kingswood. At this late stage, it appears no announcement will be made until after the election.

We would like to say "choose a political candidate who will save Kingswood", however all three have common ground - no overdevelopment on Kingswood.

The Save Kingswood Group is also fearful of the three storey zoning that the State Government wants to impose on Dingley Village. Ultimately that will result in 200 three storey units, plus (potentially) the 700 that AustralianSuper wants. An incredible 900 three storey units in a Village that currently has none. We must fight this - look at opposite Bunnings and a few streets over, for future shock.

We also do not have a VCAT ruling on the appeal AustralianSuper made to destroy 23 more trees. The trees only needed a trim, to be retained as valuable habitat. AustralianSuper claims to be green, but have relentlessly tried to destroy trees - with too much success. It's not just chainsaws either - the trees are

no longer watered, including small "offset" trees planted to compensate for advanced trees cut down.

Please look at our updated website www.savedingley.com and if you see anything suspicious or unique wildlife, email me on savedingley@gmail.com.

Two quotes:

Mark Dreyfus: "It should be the priority of local and state governments to safeguard and create new open spaces, not to diminish and destroy them."

Kingston Council: "Council has prioritised the management of our urban forest for the environmental and quality of life benefits that trees provide to the community."

Kevin Poulter
President
Save Kingswood Group inc.



BRAESIDE PARK

Runover But Survived

On a recent "walk in the park" I happened upon a tunnel which led to the "otherside".

Sounds very scary doesn't it? Actually it was a beautiful day which encouraged many many families, joggers, bike riders and rabbits to enjoy the wonderful surroundings of yes you guessed it... Braeside Park!!

With the new freeway recently opened and in full operation I discovered a bike track along its length and a tunnel.

Can you believe it really did lead to the "otherside!!" So I was runover many times by cars on the freeway but thanks to the new tunnel I survived. At one entrance was a fabulous painting of native birds and at the other a painting of a smoking ceremony welcoming you to Braeside Park.

Now this park used to be one of the best kept secrets in the Dingley/Keysborough area but now a days, more than a million visitors come to the park during each year to enjoy this "jewel in the crown" of local residents, and when better than on a beautifully sunny day.

Bounded by Lower Dandenong Road in the north and Governor Road in the south this park which we the, Dingley Village Men's Shed, call home is a 295 hectare wonderland of native birds, animals and creatures of all kinds. With many facilities for picnics, playgrounds and activities of all sorts little wonder this is a very popular spot to relax and get away from the hussle

and bussle of city life. With Daylight Saving commencing on Sunday October 2nd more day-light hours and warmer weather will no doubt encourage even more visitors and do you know the best thing??? IT's FREE!!

This article was submitted by a member of the Dingley Village Men's Shed whose home is in the beautiful Braeside Park. The Sheddners are very proud of the 'Park' to which they give many vol-unteer hours assisting the rangers and undertaking projects.





MARK DREYFUS MP

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Authorised by Mark Dreyfus MP, ALP. 566 Main Street Mordialloc 3195.



Suicide rates reveal the silent suffering of Australia's ageing men

Rhys Mantell

PhD Candidate, School of Population Health, UNSW Sydney

Adrienne Withall

Senior Research Fellow, School of Population Health, UNSW Sydney

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<https://theconversation.com/au/>
Originally published on The Conversation August 24, 2022.

Men aged 85 and older have the highest suicide rates in Australia, but the tragedy has gone relatively unnoticed. This group is growing older, feeling alone and flying under the radar.

The tragedy of suicide is recognised as a major public health issue. Yet what may come as a surprise to many is data published by the Australian Bureau of Statistics showing men over 85 have suicide rates more than three times the average rate.

Public perception is that men – in particular, young men – have the highest suicide risk. While this is true for the net number of suicides, if we don't consider age-standardised rates (which account for differences in age distribution across the population) we miss a crucial finding.

Adjusting for age

Men aged over 85 accounted for a relatively small proportion of all male suicides (3.1% in 2020 (the latest data available). But the age-specific suicide rate was 36.2 deaths per 100,000 (up from 32.3 per 100,000 in 2019). For women aged over 85, this rate was much lower (6.2 per 100,000).

The next highest rate was for men in both the 40-44 and 50-54 age bands (27.1 per 100,000). In 2020, the overall suicide rate was 12.1 per 100,000 people.

But this issue is rarely addressed in public discourse or policy directives. The National Study of Mental Health and Wellbeing released last month did not include data on people older than 85.

This risk is not new, but little has changed to address it over the past decade. In light of COVID and what it has revealed about ageism and the value of older people in our society, it is crucial to explore these issues again.

Preventable deaths

It is startling that men who have shown resilience to survive to late life are at such risk of preventable death. Many factors contribute, including physical and material circumstances like frailty, chronic pain, bereavement and financial troubles. However, we cannot assume only external issues cause distress and lead to suicide.

In fact, for older people, successful ageing is rarely defined purely by physical circumstances. Ageing well often implies flourishing despite hardship. The silent challenge among men aged over 85 who take their own lives is psychological and existential distress, which can reinforce feelings of loneliness and worthlessness.

Older men at risk of suicide may feel they are "no longer needed" or perceive themselves as "burdensome" to family and community.

These beliefs can overlap with major life transitions, such as retirement, stopping driving or moving to residential care, where they are a minority. Such stressful events can increase feelings of marginalisation, loss of independence and worthlessness, and also lead to social isolation.



Talking about it

A reluctance to express their feelings or be vulnerable has long been discussed as an important factor for men's wellbeing, especially when they're feeling low. Research suggests gender stereotypes and social norms linked to masculinity reduce help-seeking behaviours and can increase suicide risk.

Many ageing men hold restrictive and stoic beliefs about what it means to be a man. This may make them less inclined to share when they aren't coping. Yet emerging research challenges the assumption men don't talk because they can't.

One reason men are not talking about their mental health struggles is because there's nowhere for them to open up in a way they see as culturally and socially acceptable. Instead, older men are speaking through their actions.

Suicide prevention and early intervention responses that are not tailored to the needs of older men are unlikely to be effective.

We need to meet men where they are and listen to their quiet and absent voices by designing programs in partnership with them. This means better understanding men's barriers to suicide interventions. These include a lack of trust in traditional services and an aversion to "formal" supports that frame emotional distress and suicidal behaviours as mental illness.

It also means exploring, developing and funding new options that are acceptable, relevant and accessible, such as gendered support, peer-led programs, community-based informal support and programs combining exercise with mental health promotion.

The objective is not only to develop more suitable suicide prevention for this specific group, but also to examine broader interactions between ageing, isolation and loneliness; all key risk factors for suicide that have become even more relevant due to COVID.

More calls for help

Increased feelings of distress and loneliness produced by the pandemic can be measured by increased calls to services such as Lifeline. And more persistent mental health problems are likely to present more slowly, over longer horizons, and peak after the most acute phases of the pandemic.

Older people have handled much of the burden of COVID, including unprecedented restrictions and ageist sentiments. We must recognise these factors – growing old, being alone and feeling unheard – underpin increasing distress felt by men aged over 85, not only during the pandemic, but more generally.

This group must be seen as a priority population for suicide prevention. We must start listening and work together to find solutions so older men can access the help they need in a way that suits them.

If this article has raised issues for you, or if you're concerned about someone you know, you can call these support services, 24 hours, 7 days:

- Lifeline: **13 11 14**
- Suicide Call Back Service: **1300 659 467**
- Kids Helpline: **1800 551 800** (for people aged 5 to 25)
- MensLine Australia: **1300 789 978**
- StandBy - Support After Suicide: **1300 727 24**

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DINGLEY VILLAGE MENS SHED

Back to the Future with the DVMS

- by Geoff Hergt

After a break of more than a year the Dingley Village Men's Shed was back assisting at the Dingley Village Farmer's Market.

Our job is to set up the support required, such as barriers, outdoor seating, signage etc, at the start of the market and then to put it all away again at the end of the market- just as if nothing had ever happened.

The weather was fine, the stalls varied and numerous, the crowd building with mums, dads, children, and dogs (on leashes) all made for a great day.

New manager Liz Thomas, although a little nervous about her first market as the manager, was delighted with the outcome and looking forward to the November event on the third (3rd) Saturday each month. We had two shifts of volunteers from 7am to 2pm with time enough to chat and relax during the day as the crowds built up. What was very encouraging was that we saw and spoke to many DVMS members who came along to shop aided in almost every case by their partners.

It really was a pleasing experience made more so by the skill of a

local Spanish Classical guitarist whom you had to hear and see to fully appreciate this fine talent. If you would like to know more about Dingley Village Men's Shed or would like to join, you can contact them here below:

Ph. **9551 5892**
E-mail: info@dvms.org.au
www.dvms.org.au



Looking for something fun and different?

Keysborough Bowls Club is a progressive and friendly club that provides a great atmosphere for members and visitors alike. If you have never bowled, why don't you come down and have a go. You don't have to be a member, and we will gladly let you have a try. You can use the club's bowls, we will even give you a bit of free coaching.

In addition to Social and Competitive Bowls the club offers

- the running of Corporate Functions,
- Hall Hire, and End-of Year Company break-ups.,
- Barefoot Bowls



Hall hire is a great opportunity to celebrate Birthdays, Anniversaries and other social functions. The club has a full industrial kitchen, Fully Licensed Bar and BBQ. The club offers catering or BYO.

In Short, wander in, have a look, meet the members, and if you like, have a go.

For Further Information Contact Gloria on 0421 123 495 or visit our Website Keysboroughbowls.com.au



Keysborough Bowls Club
356 Cheltenham Road, Keysborough

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2022 Art Show

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THE SERVICE WILL COMMENCE AT 10.40AM**

**MEMBERS OF THE COMMUNITY ARE INVITED
IF YOU WOULD LIKE TO LAY A WREATH OR FLOWERS, THIS WILL
BE DONE AT THE END OF THE SERVICE
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npdremember@gmail.com



Dingley Village Neighbourhood Centre COMMUNITY SHREDDING DAY

Saturday 19th November
9am - 1 pm
in carpark behind Library
& Harold Box Hall



In partnership with **iShred** we will be offering a shredding service, which allows residents and community groups of Dingley Village to have their personal documents professionally and securely shredded free of charge*

This service is a convenient and easy way to dispose of unwanted, expired documents and private information.

If you are a small local business or have more than 3 archive boxes for shredding, please contact manager@dvnc.com.au We can still shred but a small charge will apply.

*Donations appreciated

iShred does advise; that you undertake a check on your legal requirements prior to shredding, as there are Laws regarding the period of time you legally must retain certain documents.



Enquires are welcome for On Site Business, Commercial and Residential Services including De-Cluttering and Estate Clearances. Contact details below

What can & can't be shredded

- ✓ Bank Statements
- ✓ Cancelled or voided cheque books
- ✓ Credit Card bills or Credit Reports
- ✓ Financial Records
- ✓ Documents with names, addresses, phone numbers and/or email addresses
- ✓ (100pt checks) copies of drivers licenses, passports etc
- ✓ Personnel Records – resumes, timesheets, contracts, application forms
- ✓ Employment records – pay slips, superannuation information
- ✓ Receipts and Invoices
- ✓ Credit Card Offers
- ✓ Taxation Records

- ✗ ALL plastics including plastic sleeves, plastic binders, plastic covers
- ✗ Garbage
- ✗ Food/Lolly wrappers
- ✗ Foil or Foil coated paper
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LOOKING AT LOANS



Excellence in Finance

Congratulations to Daryl Borden and David Browne for both being recognised with the Excellence in Finance – Gold Award 2022.

At a time when home ownership, prices, and mortgage rates are regular leading news stories in the tabloids and at dinner conversations, Integrity Finance Australia is increasingly important in people's lives. So it is pleasing that the knowledge, ability and success of Daryl and David and their teams is recognised not just by clients, but by industry peers.

Owning your own home remains a priority for the majority of Australians, but it remains a difficult task. Constantly changing real estate market conditions and banking rates and rules add to the stress of assessing personal budgetary limitations. The quality advice being provided by Integrity Finance Australia is vital in this environment.

No surprise then that 70% of all residential lending in Australia is now processed via brokers, not 'direct to bank'. Going to work each day is easy when you feel needed and can add so much value to client lives.

Also of note, Integrity Finance Australia recently reached the milestone of having now assisted clients in settling a total of One Billion Dollars in loans. That is a lot of houses, and that is a lot of individuals and

families assisted. It is such a large number it is hard to put into context, but consider:

- One Million seconds is 12 days.
- One Billion seconds is 31 years.

We consider ourselves a small "family business", Dingley Village based, helping one referral at a time. Over time numbers grow: We now have a multitude of happy clients who we care for, who thank us by asking us to assist their family and friends. So, the business continues to grow. Changing people's lives is the motivation, that is what we do. Changing your life. Whether you are a first home buyer, upgrading your home, retiring, buying an investment property, or business.



Integrity Finance Australia is a team, and we love what we do, but one billion dollars in loans could not have been settled without many layers of support and assistance. This is a message of thanks and gratitude to all who have been in any way a part of this journey: Clients, staff, and all associate families.

Thank you, long may the journey continue!

Integrity Finance Australia has been serving the Dingley Village community since 2006. Call us on (03) 9511 8883 or email support@ifafinance.com.au.

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YOUTH CORNER



Dingley Scouts

Kingston District Scouts excitedly has 9 people travelling to international scouting events in 2023. Five of these youth are from our own Dingley Scout Group.

To help offset the cost of these international activities, Kingston District Scouts are holding a Fundraising Trivia Night on Friday 25th November 2022 at the Rossdale Golf Club.

We have received fantastic support from local businesses in Dingley. A huge shout out to the following local businesses who have donated or pledged their support: Esteem Hair, Eva Rose Salon, Pet Stock Braeside, BCF Keysborough, Snipers Den paint ball, Grow Masters and the Grow Center just to name a few.

Some of the other items to bid on or win on the night are golf merchandise, bottles of wine, even a weekend away for up to 6 people. So, gather some friends and come and support our event. Tickets can be purchased by following the link below.

And if you're able to help out with a donation or a prize, we'd love to hear from you.



<https://www.trybooking.com/events/landing/957767>

Keep an eye on future Dossiers for all their exploits. Want to know more, contact our Group Leader, Vanessa, her details are below, and let's see where the adventure takes you.

Joeys 5 - 7yrs - Please contact our Group Leader below
Cubs 8 - 10yrs - Monday 6:45pm - 8:15pm
Scouts 11 - 14yrs - Thursday 7:00pm - 9:00pm
Venturers 15 - 17yrs - Friday 7:30pm - 9:30pm
Rovers 18 - 26yrs - Monday 7:30pm - 10:00pm

For more information about Dingley Scout Group contact Vanessa on **0402 489 773** or email dingleyscoutgroup@gmail.com



DOLLARS & SENSE



Why financial advice may be your best investment

It is commonly assumed that seeking financial advice is for the wealthy, and it only helps the rich become richer, yet financial advice can prove useful to anyone who wishes to better their financial future. Financial advice is like getting a health check-up for your financial situation. Your financial adviser is like your personal trainer, assisting you in achieving your best possible financial health.

Seeking professional financial advice provides you with a clear path to achieve your financial goals, and that is an investment worth making.

Why invest in financial advice?

Imagine a couple in their early 30s who started investing in the share market in 2019 to save for their children's private school fees over the next 10 years. Their shares dropped by 35% during the March 2020 market crash caused by the COVID-19 global pandemic. They panic and sell their shares, incurring a loss.

However, a good financial adviser would explain the risks, provide examples from their experience and probably would have advised them to hold the course because theirs was a 10-year long term plan. Within a year, the share markets recovered and are now higher than ever. Financial advice isn't only about investing your money in the share market. Want to save to buy your first

home? Want to protect your children in case of your death? Want to enjoy a comfortable retirement? Don't understand what to do with your super or how to invest in the share market? Think of a financial adviser as a one-stop shop for the majority of your financial issues in life.

Come to think of it, be it your parents telling you to save money from your first job or an Instagram 'influencer' explaining the benefits of compound interest while dancing to a trendy song, these are all informal pieces of financial advice you receive throughout your lifetime.

However, a professional adviser can legally provide holistic advice by reviewing your entire financial situation and your risk-taking capacity to recommend an appropriate investment portfolio. Also, an adviser's investment recommendations are based on research which can give you comfort over your decisions rather than constantly worrying about the investment you made based on your work colleague's stock 'tip'.

Is financial advice cost effective?

The financial advice industry has undergone a monumental transformation following the Financial Services Royal Commission of 2017-2019. As a result, new education and compliance requirements have been legislated to further protect the client's best interests. This has led to a drop in the number of financial advisers Australia-wide - from approximately 28,000 in 2018 to just 19,000 in 2021.

The silver lining here is that while there are fewer advisers to choose from, the quality of advice is deemed to improve exponentially.

As per Russell Investments "Value of an Adviser" report, advisers added a value of approximately 5.2 per cent to their client's portfolios in the 2020 COVID-19 pandemic. Still, the true value of financial advice is much more than comparing the fees you pay against the performance of your investments, or the tax saved on your income. A financial adviser can be a sounding board for your financial ideas, a resource to answer the simplest or most complex of queries, provide research-backed recommendations, and guide you over the long term based on their experience.

Ready to make the investment?

Your day to day job may not allow you to focus on the financial aspect of your life. In contrast, your financial adviser's primary daily responsibility is to help you handle your finances efficiently.

So, are you ready for your financial check-up? Take the first step and book an appointment with a financial adviser today.

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Dingley Football Netball Club



"The main aim of sporting clubs is to win premierships and we are proud to have added a further three flags in 2022. Your club is also immensely proud to have taken out the Southern Football Netball League's 'Club Championship' award for the ninth year in a row. This award is in recognition of not only being successful in a competitive sense, but it is recognition of its standard of administration, management and community involvement.

To quote Banjo Patterson "there has been movement at the station" in the off season, with several key 'comings and goings' recently.

Senior Coach Danny Ades joined the club in 2015 and was a 'powerhouse' in four premierships and winner of numerous individual awards. Danny took over the senior position in 2020 and did a fantastic job through the next two years, ruined by the Covid epidemic. He led us to another finals appearance this year but has recently stood down and will coach Peninsula club Rosebud in 2023. Danny leaves on good terms and we wish him every success in coming seasons.

The club now welcomes new senior coach Zach Horsley to the 'Den'. Zach has spent the last six seasons at Frankston Bombers, recently as Senior Assistant Coach and also coached their Reserves and Under 19s. Zach is also involved with the St Kilda Next Generation Academy, and he brings a wealth of knowledge and experience as we take a further step forward.

Brad Sessler held an ambition to coach his beloved Reserves team to a premiership for a long time and his goal was finally reached this year. 'Sess too has now stepped back, but he hasn't stopped smiling since that great win. Glen Goldsmith has been amongst the coaching group for some years and now gets his own magnetic board as Reserves Coach as we search for a 'threepete' of premierships at that level.



In coming days, the club is hopeful of finalising the appointment of a 'favourite son' as coach of the Under 19s in 2023.

In coming days, the club is hopeful of finalising the appointment of a 'favourite son' as coach of the Under 19s in 2023. Keep an eye on the club website for that announcement.

Some of the main football awards for 2022, as announced at the club Presentation Night on October 7 at the Dingley Hotel are as follows:

- The David Lee medal for Senior Best and Fairest: Lucas Walmsley. [His third win].
- Reserves Best and Fairest: Brody Stainer. [Also, the SFNL leading goalkicker].
- Under 19s Best and Fairest: Zac White.
- Thirds Best and Fairest: Matt Crouch.
- Garth Stanborough Award: Rory Wallace.



David Lee and Lucas Walmsley

Our highly successful Netball arm is also advertising for new players for 2023. All contact details and all the club news can be found on the Dingley Football Netball Club website."

Go Dingoes in 2023".
- Brian Edwards for DFNC.

Dingley Junior Football Club Premiers 2022



The Dingley Dossier would like to congratulate all the Junior Football and Senior Football/Netball teams, that progressed through to finals and the ultimate prize of a PREMIERSHIP.



The Mighty Dingley Dingoes U-16's Girls faced off in the 2022 Grand Final against top of the ladder team Oakleigh FBC at Le Page Park Cheltenham, on Sunday the 4th of September.

With the final siren, the celebrations commenced as the first ever Dingley Dingoes Girls Team Premiership Cup was coming home to the Dingoes Den.

The support on the day and the smiles on these girls' faces was UNREAL!! These girls did the Dingley Junior Football Club and the whole Dingley Community very proud. The final scores were Dingley 5.8.38 to Oakleigh 2.3.15.



The Under 11's made the finals but were eliminated in the first week by the eventual premiers in their division. Likewise, of the Under 12's who had a similar fate of the Under 11's.



Dingley Football Netball Club Premiers 2022



All Division 1, 2 & 3 netball teams made the Grand Finals

- Div 1 Dingley 39 defeated Cheltenham 32
- Div 2 Unfortunately Dingley 28 went down to the Pt Melbourne Colts 33
- Division 3 Dingley 45 defeated Springvale Districts 38



Dingley Netballers also did well, taking out multiple Most Valuable Player awards.



In football the Dingley Reserves (Division 1) were victorious against Cheltenham winning by 4 points.



The Under 19/s Men's Football team made it through to the Preliminary final but lost out to Endeavour Hills.

Captain Jim Cullen, veteran Tom Gent and coach Brad Sessler

Liam Hard, Best on Ground Reserves Grand Final. The Seniors made finals but lost the Elimination final to St Kilda City.



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Meng Heang Tak MP
Clarinda District

Authorised by MH Tak, L1/1312 Centre Road Clayton South Vic 3169



Active Children Have Better Eyesight

The weather is getting better, so it's time to get the kids off the screens and get them outside and active.

Some recent findings from the Ireland Eye Study have shown that physical activity in school children is improving several aspects of visual health. The study of 1,626 children aged between 6-7 years and 12-13 years, illustrated the effects of no activity (long periods of screen time), light activity (occasional walking and cycling), moderate activity (less than 3 hours of sport per week) and regular activity (more than 3 hours of sport per week).

The study found that children that conduct regular activity illustrated better near and distance visual acuity or vision, while also having better stereoacuity (3D vision, a measure of both eyes working together). It was also found that regular exercise was associated with an absence of a visually significant refractive error and spectacle prescription.

Conversely one in three non-active children had some form of visual reduction or significant refractive error. Put simply, a refractive error is a common eye condition that occurs when the eye's shape prevents light from focusing directly on the back of the eye, resulting in blurry vision amongst

other symptoms. Prior research has noted that amblyopia (lazy eye) is associated with lower athletic ability and coordination and children were 6 times more likely to report no physical activity.

This highlights that getting tested for the presence of amblyopia early in life is key to maintaining a healthy lifestyle in the future. Physical activity may also play a role in improving an amblyopic eye once the underlying cause is addressed.

Similarly, prior and well-established research has illustrated that short-sighted children have lower physical activity, spend less time outdoors and engage in higher amounts of screen time. Furthermore, outdoor activity has been shown to mitigate the progression of childhood short sightedness, otherwise known as myopia.

However, there are always exceptions to the rule and even though this research illustrates a reduction in short sightedness, the prescription may still increase even with regular physical activity. Optometrists have several myopia control interventions that can reduce further progression: including soft contact lenses, eye drops, specific spectacle lenses designed for children and orthokeratology lenses.

"Braces for your eyes". It can safely be concluded that physical activity is good for general health and given the findings of this study, it's nice to know that keeping active

can also influence how well children can see. So, spend your summer outdoors with the family and get moving!

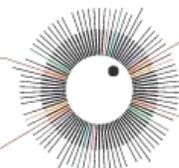
Insightful Eye Care- Dingley pride ourselves on our knowledge and desire to stay up to date with the latest research to better look after your eyes and preserve your vision. We are passionate about your sight and the health of your family's eyes.

Call us to make an appointment, book online on our website or come down for a chat at any time on how we can help you give your kids better eyesight by getting active. We thank you for your continued support of our local small business and patience during these COVID challenging times. Take care and stay safe.

Dr Mark Glogowski, Darran Yeow and the team @ Dingley Eye Centre - Insightful Eye Care™
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at Interhealth Medical Clinic
110 Centre Dandenong Rd
Dingley 3172

9558 2155



Pantry Fresh

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Dingley Village **9558 2155**
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Community Bank
Dingley Village

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CIRCLING THE CLUBS



Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
Monday	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
Tuesday	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
Wednesday	9:00am - 12:00 pm	Bike Riding Group & Music Group
Thursday	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
Friday	9:00am - 1:00pm	Members Muster This is our main day!

Every Friday Morning (except holidays as designated). come along, enjoy a cuppa, a chat & meet with your fellow shedders. We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp.

Other Activities from time to time include: Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's, plus, the occasional outing to places of interest. The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road.

Ph. **9551 5892**.
E-mail: info@dvms.org.au
www.dvms.org.au

Probus Club Dingley Central



On October 1, Probus Day was celebrated throughout Australia and New Zealand, and as part of the celebrations, the club held an open day. Our President Tim welcomed 22 visitors to our meeting. The club offers a wide range of activities and provide opportunities for fellowship

and social interaction. Tim thanked them for coming and hoped they would join us again.

Our guest speaker Geoff Bransbury presented a very interesting and entertaining insight, into his 4 month trip from Vladivostok to London, riding solo on his trusty motorbike. Travelling over unmade roads in Siberia, through very poor countries, rugged and amazing country in Tajikistan, the magnificent buildings in Samarkand, and enjoying great hospitality in Turkey where some of the highlights of his trip.

In all he has travelled 95,000 kilometres on his motorbike to various parts of the world. Activities planned for November: Happy Hour, iPad group, Wine Tasting, Camera Club, Legs, Morning Coffee, Dine Out, Men's Lunch, Games Day, and Craft Group.

Our meetings are held on the 1st Monday of the month at 10am at "The Salvation Army Kingston City" 13/12-16 Garden Boulevard, Dingley Village. New members are always welcome. For further information please contact Jean on **0438 272 23**.

Country Women's Association Dingley Village



"All women, all ages, all places. grow, connect, improve."

Members enjoyed High Tea at the Holmesglen TAFE, all prepared by the students. The food was excellent and beautifully presented. Christmas is just around the corner now and we have been busy for some time making items for our Christmas Cake & Craft Stall to be held on the 9th December, 2022 at Woolworths Supermarket, Dingley Village.

There will be plenty of handmade and home cooked items for sale including a big range of Christmas things.

Our next craft will be held on the 9th November, 2022 at the home of a member. Our next Business Meeting will take place on the 23rd November, 2022 at the Dingley Village Neighbourhood Centre. In 2022 our meetings will be subject to Covid guidelines. If you need any further information about C.W.A., or

would like to consider becoming a member, please contact either - Kathie on **0403 468 969** or Julie on **9584 1139**.

Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 10th November.

Starting time is 7.00 PM and meals and snacks are available if you want to make a night of it. Of you have the usual wide choice of beverages being dispensed for your indulgence. A recent addition at the hotel on a Thursday night is a trivia competition and some of our members have taken part in the proceedings with a fair amount of success.

Our regular dinner on the last Saturday of the month is proving popular with members and the next one will be on the 26th November. It is proposed to hold our November dinner dance at Springvale RSL on 19th. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

A few of our members are undergoing medical treatment or are getting over injuries and we wish them a speedy recovery. Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board.

We are more than happy to welcome new members to the Group. Enquiries can be made to Graeme on **9551 3462**.

PS - As the song says "Baby the rain must fall" and it has in spades.

Dingley Village Senior Citizens Club Incorporated

Last month we had a full bus for our Mornington visit. We shopped around, had coffee and this was followed by a lovely lunch at the Grand Hotel. On the last day of October the Members enjoyed the pizza lunch and the short Bingo Session at the Club.

Our arrangements for November are:

- 7th of November - Bingo followed by afternoon tea;
- 14th of November - games and cards followed by afternoon tea;

- 21st of November – Bingo followed by afternoon tea;
- 28th of November – Committee Meeting followed by games and cards.

Please take care and stay well.

For more information, contact our President, Mary, on **0439 426 728** or our Vice President, Joan, on **0421 736 795**.

Lions Club of Dingley Village

Lions is an international non-political service organisation and is the largest of its kind in Australia. Lions assist with local community fundraising for special causes and helps build local parks, community venues, and sporting centres. In addition to community service, Lions Australia has a history of providing natural disaster and emergency relief, as well as supporting medical research.

Lions are people who get involved in humanitarian efforts locally, nationally, and internationally. If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre. Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed.

Thank you to all who have donated, please keep them coming in.

Our meetings are held on the 4th Monday at 7.00pm at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (Public Holidays excluded). These meetings are informal and friendly.

For any enquiries, please contact Lynne – **9551 3770/0488 004 809**.
dingleylions@gmail.com.

Burden Park Bowls Club



The good news is that if you have been thinking of joining a lawn bowls club, this is your time to act.

So come down and have a go, you'll love it. We are currently looking for new members to play lawn bowls and are offering all new members, men, women and children a deal you can't go past.

If you're interested in having a bowl, give Rob a call on **0407 326 481**, he'd love to hear from you. We are located on the corner of Springvale Rd and Heatherton Rd Springvale. We hope to see you soon.

Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference

The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities. Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide. We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road.

Please email:
info@npdrotaryclub.org.au for more information.

Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings.

VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line.

Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education. Women from all walks of life are most welcome to join us please contact

Fran Thomas for further information.
franniet@gmail.com or **0419 309 931**.

Meeting; Second Tuesday of the month at 10am. Where: Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking.

Boomerang Bags, Dingley Village



Our aim is to REDUCE waste, REUSE quality shopping bags and RECYCLE fabric. Boomerang Bags Dingley Village is a community group which creates reusable shopping bags from donated recycled fabrics. You can help yourself to one of our FREE bags at the Dingley Village Farmers market or pick one up at the Dingley Village Neighbourhood Centre reception.

The group meets each Thursday morning, subject to COVID19 restrictions, at the Dingley Village Neighbourhood Centre, 9:30-12pm.

If you have clean sheets or fabrics you would like to donate, please contact Debbie **0411 058 804** or Helen **0425 862 718**.



WE HAVE MOVED TO A NEW SITE



We are excited to let the community know that we have moved to 29 Marcus Rd.

We agree that 2022 has not proved the easiest of times, and MADDV is here to assist families in difficulties.

We provide grocery vouchers, contribute to utility bill and other expenses.

Our financial counsellor, Kate is also available to assist those with extensive debt.

Members of the community can make an appointment on Thursday or Friday

We are pleased that we can assist our community

Address: 29 Marcus Rd Dingley Village **Hours:** Mon – Fri 9am – 3pm

Phone: 03 9551 1799 **Email:** admin@maddv.com.au





The Perfect Day

Lina was in a bit of a rut. She was in a monotonous job in a monotonous life where very little happened to her of any interest. One of the least appealing aspects of her life was her boss. He was a hard task master. In fact, if she was to be entirely honest with herself, he was an absolute nightmare. He was crass and cruel. He thought he was hilarious when really, he was quite dreadful in his joke telling and worst of all, he would easily find fault and happily call out Lina or any other employee in front of everyone at any time. The thought of another day in his company did not thrill Lina at all.

One sunny, August Wednesday morning, Lina woke before the alarm. She peered bleary eyed through the gap in her carelessly pulled together drapes before swiftly pulling the faded brown drapes all the way apart, where she found herself, to her astonishment, face to face with a stunning and unseasonably warm winter's day. The climate of late had been wet and icy cold day after day and she could barely believe her eyes. City weather! Perfect for a walk along south bank followed by time in the gardens if time allowed it.

Abruptly her skin prickled at the all too familiar sound of her alarm clock. When the blasting tone of the alarm sounded, it swiftly brought her back to earth, reminding her that she wouldn't be enjoying this stunning winter's day after all. She would be stuck in her workplace alongside the most irritating manager of all time. At that point Lina felt angry and cheated out of her splendid, sunny day. There was only one thing for it. She called in sick with a made-up illness and decided to treat herself to the most pleasant day she could manage at such short notice.

Full of newfound excitement and enthusiasm, Lina got herself dressed in a cherry red lace blouse and black pencil skirt. She finished the look with flesh toned stockings and patent black 'mary-jane' shoes.

She lined her eyes with black liner and tinted her lips a glossy blue toned red to match her barely worn lace blouse. She fixed her hair at the sides with a clip into a half ponytail and stood in her room and viewed her new look. It was very out of character for her. She normally wore a polo shirt and work pants for her job and only jeans and T-Shirts in her down time. This woman was quite unrecognizable even to herself- the perfect look for her treat day out.

With black rimmed sunglasses on to complete her look, Lina walked to the station and took herself into the city by train. When she arrived, she walked along Princes Bridge to the gardens, taking in the statues of the hammer thrower and water babies along the way. She admired the vibrant colours of the floral clock and pushed the button to hear the tourist information on the off chance it may be working for once. As usual, it was not. She walked past Weary Dunlop's memorial and into the police memorial before strolling along the other side of St Kilda Road, enjoying the mottled shade created by the huge trees lining the footpath. She treated herself to a quick trip to the National gallery of Victoria before strolling to Southbank, enjoying the warmth of the shining sun on her skin for the first time in weeks.

Lina made her way down to a restaurant overlooking the Yarra River. She ordered a creamy mushroom pasta dish and smiled blissfully as she watched the water sparkling in the sun. She treated herself to a glass of Sparkling wine, something she rarely did during daylight hours, but it just seemed to fit her special day. As she dined the head waiter flirted with her, something she was sure wouldn't have happened if she was dressed normally.

When she settled her bill, she smiled broadly as she walked onwards and further into the city beneath the clear cobalt blue sky. She stopped and browsed the various clothes racks. She spied a rather daring bikini she liked the look of but put it back. A bikini didn't fit into this indulgent treat day at all.

As Lina wandered on, she realised she needed to find a bathroom. A cheeky thought entered her mind as she noticed a rather swish hotel across the road from where she stood. She dashed across the tram tracks and was greeted at the entrance by a doorman who tipped his hat to her with a smile as he opened the door for her and she swanned into the four star hotel's lobby as though it was just the kind of place that she normally frequented. She tried not to be taken in by the splendour of the large lobby.

A huge crystal chandelier hung overhead and she was in awe of the light it gave off. She quickly surveyed her space and made her way into the hotel lobby's bathroom. Black marble and mood lighting was presented to her as she entered, as was a very expensive looking arrangement of freshly cut flowers made up of roses, lilies, and various greenery. She was assisted to a towel and perfume by an attendant when she was done washing her hands. She retouched her lipstick and slowly made her way back to the station, stopping at a flower stall to purchase an arrangement of long- stemmed red roses that matched her outfit beautifully, as a further prize for herself, on the way. She had been inspired by the stunning arrangement in the hotel, although this posy was considerably less extravagant. Before reaching the station, she stopped to purchase a copy of 'The Big Issue' from a vendor to read on the journey back again.

On the train ride home, Lina sighed contentedly as she fingered the tissue paper wrapped around the flowers as she rocked to the rhythm of the train. What a day. What a perfect, present to herself. A mental health day. She knew she would hate to have to return to her workplace tomorrow and put up with the boss from hell but having spent the most perfect day just for her, she knew she could handle him and anything else life threw at her from now on.

She could contentedly return to her plain job and plain life knowing full well she knew exactly what she could do to cheer herself up if she ever needed to again. She grinned all the wider when she came to the realisation that she would be getting into her PJs when she got home and she'd be settling in for the night in front of the TV with a toasted cheese sandwich and a good hot cuppa. Now THAT was Lina's kind of extravagance!

Julia S 2021



The Dingley Village Writing For Pleasure Group meets each Wednesday at 10 am at the Dingley Village Neighbourhood Centre. Our small group is comprised of members with varying talent and experience. Some have never written at all prior to joining us. Contact Warren at wasadunc@bigpond.net.au with any enquiries.

Heatherton Dingley - Uniting Church



Cnr Kingston and Old Dandenong Roads, Heatherton. Sunday services at 10.00 a.m. Sacrament of Holy Communion second Sunday of the month at 10.00 a.m.

All enquiries phone **0431 244 561**
www.heathertondingleyuca.org.au

Our Vision and our Mission:

To seek to connect people to God and each other.

*Heatherton-Dingley Uniting Church
- Meeting U at the Crossroads of Life.*

What's On

Wednesdays

Prayer meeting at the church 9.00 – 9.30 a.m. If you have a concern that you would like prayed about ring Margaret on **0401 392 772**.

Know Your Bible

9.30 – 11.00 a.m. An interdenominational study of the Bible for women. For further information contact Jennifer on **0419 115 811**.

First Friday Of Each Month

Indoor Carpet Bowls – 7.30 p.m. in the Church Hall followed by supper

Second And Fourth Thursdays Of The Month

Unleash the Music in You – 8.00 p.m. at the Church. For further information contact Bob Lorraine on **0418 998 714**.

Queer Allies

A Peer Support Group for family and friends of LGBTQIA+ people to share the journey of growing in understanding, acceptance and support. Meets on the second Tuesday of each month at 7.00 p.m. Questions: Andrea Mayes **0408 65 939** or heathertondingleyunitingchurch@gmail.com.

Sunday 20th November at 10.00 a.m.

On this Sunday you are invited to come to church and bring your dog with you to join in the service. We have a regular attender who brings her dog each week. For further info contact Margaret on **0401 392 771**.

Kingston City Church



Our Vision: Connecting People To Jesus Christ

Our Mission: Reach, Restore, Relate, Resource And Release.

Ph: **8551 6600**, Fax: **8551 6690**.

Web: www.kcc.crm.org.au

Email: admin@crm.org.au

Senior Pastor: Dan Parker

Sunday Services: 10am Service has Children's Ministry.

Kingston City Church Women's ministry

At Kingston City Church we have an active women's ministry comprising of a women's prayer group every fortnight and a women's link group, also every fortnight.

We also have specified all church women's events once a quarter which may vary. Starting off with our yearly get to know you night which is a fun night with the objective of our women connecting with one another in a friendly environment.

We have a women's retreat every second year where all women across all our churches are invited to. It is a time of refreshing in the Lord and great ministry from our guest speaker and one another. We also have an end of the year function, the format of which varies but again we have a guest speaker imparting what the Lord is saying to them.

The objective of our women's ministry is to draw our women closer to Jesus and also to one another based on the verse in John 17:21 I pray for them all to be joined together as one. I pray for them to become one with us so that the world will recognise that you sent me.

Pastor Maureen Lisbon.

Village Church Dingley



"Inspiring People to Discover and Develop Life in Christ"

Church Office: 7–9 Fiveways Blvd., Keysborough. 3173

Phone number: **8712 8254**

Email: admin@villagechurch.org.au

www.villagechurch.org.au

Our Church program for November is as follows:

Sundays

10.00 a.m. Worship Service at 7 Fiveways Boulevard, Keysborough and via livestream through <https://www.villagechurch.org.au>

*Kids Church at 7 Fiveways Boulevard, Keysborough - 10.30am for 4-year-olds through to Grade 6. All welcome.

Prayer Time

Weekly - Wednesdays 10-11am at 7 Fiveways Boulevard.

Monthly - Monday 14th November 7.30-8.30pm via Zoom and Saturday 19th November; 9-10am at 7 Fiveways Boulevard. Contact office for link.

Bible Study

*Women's –Precept Ministries study on Genesis. Thursdays fortnightly at 7 Fiveways Boulevard, 10-11.30am 10th and 24th November and repeat alternate fortnights 2.30-4pm via Zoom. Contact office for Zoom link.

Monthly Ladies Group

Sisters in Christ - first Saturday of every month, 5th November 1.30pm at 7 Fiveways Boulevard.

Monthly Men's Group

Men of Faith - once a month, Sunday 27th November, BBQ starting at 4.30pm and study starting at 6pm, 7 Fiveways Boulevard.

Life Groups

Contact office for venue details.

Springvale Monthly - Thursday 10th November, BYO dinner to share for 6pm, study at 7pm. Lynbrook Fortnightly - Tuesday 8th and 22nd November, study and fellowship at 7.30pm. Young Adults Fortnightly - Wednesday 2nd, 16th and 30th November, study and fellowship at 7.30pm.

*Youth Group

Every Friday during school term, 4th, 11th, 18th and 25th November 7.00-9.00pm at 7 Fiveways Boulevard for Years 7-12 youth. Contact the office for further details and to register your interest.

*Not held during school holidays.

Marriage and Family Support

For nearly 80 years, Village Church has served the people of Dingley Village and its surrounding suburbs. We greatly value the involvement that we have always had in our community and desire to make a difference for the greater good of all. As a caring church, our heart is to serve the community, by having an impact in and amongst its families. In today's climate, families and marriages are under attack; many relationships are strained and are at breaking point. Many don't know where to turn, who to trust and as a result become despondent and disillusioned with life.

We believe that now more than ever, Village Church can play a pivotal role in strengthening and encouraging families, as we commit to giving our all to help you out. We have many gifted, equipped and willing members who would love to listen, encourage and give sound advice to you.

Village Church desires to help and would love to present practical solutions, to any and every area that brings tension, pain and confusion. Please give us a call on **0481 352 404**, we'd love to be able to encourage, support and strengthen you.

Our Church Office is at 7 Fiveways Boulevard, Keysborough. Please feel free to call Lesley on **8712 8254** with any enquiries you may have and leave a message if the office is unattended.

Our Pastor is Rodney Hole who may be contacted through the Church Office.

Christ Church Dingley - Anglican Church



Sunday Services

9AM Heritage Church Service
10.30AM Worship Service in the Auditorium with Sunday School for kids.

2nd Tuesday Monthly Service

2PM Traditional Holy Communion with favorite hymns in the Heritage Church followed by social afternoon tea. Transportation available upon request. Please contact our office **9551 7871**.

Weekly Prayer Meetings

Wednesday 1PM in the Heritage Church
Saturday 8AM in the Atrium.

Roundabout Op Shop

Offering many bargains (good quality clothing, books, bric-a-brac, toys) Volunteers Welcome!

Opening Hours:

- Wednesday 9.30 am – 4pm
- Thursday 9.30am – 1.30pm
- Saturday 9.30am – 1.30pm

Donations: We take clean useable items but cannot accept electrical goods, bedding or baby/child equipment.

Other Supported Missions

Medical Mission Auxiliary (MMA) Fundraising stalls open on 1st Sunday Monthly after morning services. Offering beautiful handmade goods, yummy jams, cakes, and relishes. Funds support medical supplies to hospitals in Tanzania, Nepal and Kenya.

ALPHA Courses

Join us to freely explore life and the basics of the Christian faith in a friendly, open and informal environment.

Christian Against Poverty (CAP)

A free course to help manage & budget finances.

English Second Language (ESL)

Course to help migrants needing to learn

Professional Counselling

Please contact our office **9551 7871**

Parish Office

Senior Pastor: Richard Loh
Parish Office: **03 9551 7871**
Email: admin@ccd.org.au
Website: www.ccd.org.au

St Mark's Catholic Church

511 Lower Dandenong Road, Dingley Village, 3172.
Phone: **9551 6930** or **9547 4877**
Email: Springvale@cam.org.au
Website for further information: ST JOSEPH SPRINGVALE | Catholic church. Parish Priest: Fr. Joseph Truong Nguyen OFM Conv.

Mass Times

- Saturdays, 6pm
- Sundays, 9.30am
- Confession before Mass on Saturdays

Echo Church



Vision: 'heaven to earth'

"Your Kingdom come, your will be done, on earth as it is in heaven."
- Matthew 6:10

50 Tootal Rd. Dingley Village
info@echochurch.org.au
www.echochurch.org.au
Sunday's at 10AM
Senior Leaders: Justin & Leigh Box

The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard, Dingley Village, Office Phone: **(03) 9558 2045**
facebook.com/KingstonCitySalvos
www.salvationarmy.org.au/kingstoncity/ Corps officers (ministers): Major Jennifer Cloke and Auxiliary Lieutenant James Singer

Hours of operation: 8:30am – 5:00pm
Monday, Wednesday, and Friday or by appointment.

Our Mission

The Salvation Army Australia is a Christian movement dedicated to sharing the love of Jesus, by caring for people, creating faith pathways, building healthy communities, & working for justice.

Family Worship Service

If you would like to receive a video link to our Sunday worship services, or a Sunday worship pack sent by mail, please email kgreception@gmail.com or phone **9558 2045** and we will be in touch.

Emergency Relief | Casework

The Salvation Army Kingston City Doorways team offers assessments for emergency relief (currently via phone). Please phone **9558 2045**, Wednesdays, Thursdays & Fridays 10am-4pm.

ADVERTISING IN THE DINGLEY DOSSIER

Have you thought about advertising your business or services in the Dingley Dossier.

Distribution is 5,500 across Dingley Village and parts of Springvale South and Keysborough South.

Contact the editor, dingleydossier@dvnc.com.au details available www.dvnc.com.au/dossier

NOVEMBER TRADE DIRECTORY

ACCOUNTANTS

Ashfords Wealth Advisors	9551 2822
SS Accounting Solutions	9551 8196

AGED CARE SERVICES

Caring Support @ Home	9131 5187
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AIRCONDITIONING

Surrey Air Conditioning	9551 7460
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ANTENNAS

Televideo Repair Centre	9585 0064
Digitall Now	0407 992 253

APPLIANCE REPAIRS

AAD&O Refrigeration	9551 4626
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AUTOMOTIVE

B.S.T. Car Care Services	9558 7388
Glendaren Auto Panels	9543 3331
Hondcar Service Centre	8555 0566

BATHROOM SERVICES

Bathroom Revival	0408 549 697
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CHILDCARE

Little Villagers Child Care	8512 0509
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CHIROPRACTOR

Dingley Chiropractic Centre	9558 1436
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CHURCHES

Christ Church, Dingley	9551 7871
Heatherton Dingley Uniting	0431 244 561
Kingston City Church	8551 6600
St. Mark's Catholic Church	9551 6930
Salvation Army	9558 2045
Village Church Inc.	8712 8254
Echo Church	9558 3980

COMMUNITY

Neighbourhood Centre	8512 0505
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COMPUTER REPAIRS/ SALES & SERVICE

Dingley Village Computers	9558 2456
Digitall Now	0407 992 253

DANCING CLASSES

Broadbent Dance Academy	9551 3343
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ELECTRICIANS

DMB Pty Ltd Electrics	9551 5679
Jolly Electrical Services P/L	9551 6505
Dickson & Funke Pty Ltd	9558 1288

FINANCIAL SERVICES

Dingley Village Bendigo Bank	9551 6111
Ashfords Wealth Advisors	9551 2822
Integrity Finance Australia	9511 8883
SS Accounting Solutions	9551 8196

FOOD RETAIL

Pantry Fresh	9551 1569
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GOLF

DJ's Golf Workshop	9551 3197
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GUTTER CLEANING

Gutter-vac Paul & Julia	044 848 8837
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HEALTH

Dingley Chiropractic Centre	9558 1436
PhysioChoice	9558 2155

INVESTMENT CONSULTANTS

Ashfords	9551 2822
Integrity Finance	9551 8883
Bendigo Bank	9551 6111

LAWN MOWING & GARDENING SERVICES

McPhees Gardening	041 957 1605
Tom the Lumberjack	0418 560 933

LEGAL SERVICES

Lyttletons	8555 3895
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LOCKSMITHS

MK Mobile Locksmiths	0413 422 652
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MARTIAL ARTS

Southern Taekwondo	0439 304 579
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MASSAGE - SPORTS/ REMEDIAL RELAXATION

Dingley Chiropractic Centre	9558 1436
PhysioChoice	9558 2155

OPPORTUNITY SHOP

Roundabout Op Shop	9551 7871
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PANEL BEATING

Glendaren Auto Panels	9543 3331
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PHYSIOTHERAPY

PhysioChoice	9558 2155
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PLASTERER

Keats Plaster	0402 917 110
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PLUMBERS & GASFITTERS

Ades Dingley Village Plumbing	9551 5446
McLean Plumbing & Gasfitting	9551 1975

PODIATRIST

Dynamic Foot Clinic	9558 2155
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POOL & SPA BARRIER INSPECTIONS

Site One	0409 561 247
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REAL ESTATE

Barry Plant	9586 0500
Buxton	9558 3337

REFRIGERATION & APPLIANCE REPAIRS

AAD & O Refrigeration	9551 4626
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SECURITY

Dickson & Funke Pty Ltd	9558 1288
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TELEVISION & VIDEO REPAIRS

Televideo Repair Centre	9585 0064
Digitall Now	0407 992 253

WINDOW CLEANING

BAM Window Cleaning	8682 8767
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REFRIGERATORS ADMIRAL KELVINATOR
AMERICANA KLEENMAID
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